



Poussins / Benjamins						
Swim set 2	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
		(m)			secs or mins	
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>					
Main set	1	Free Jack	50	6	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	60/90
	3	IM Jack	100	3	1.15/1.30/1.45	60/90
	4	Pull*	NA	NA	30/45/60/90	60/90
	5	A Stroke	50	6	45/60/1.15	60/90
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>					
Video links for demo	Fly Jack	<a href="https://www.youtube.com/watch?v=7QI7s_FXs_Q">https://www.youtube.com/watch?v=7QI7s_FXs_Q</a>				
	Back Jack	<a href="https://www.youtube.com/watch?v=WIHv_LF40x8">https://www.youtube.com/watch?v=WIHv_LF40x8</a>				
	Breast Jack	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>				
	Free Jack	<a href="https://www.youtube.com/watch?v=AlmUpibQQsg">https://www.youtube.com/watch?v=AlmUpibQQsg</a>				
	IM	<a href="https://www.youtube.com/watch?v=JdfqQgyrUQ">https://www.youtube.com/watch?v=JdfqQgyrUQ</a>				
	Turns	<a href="https://youtu.be/WRnq49TAv-w?list=PLQSM50j6JbrKdSOSbYjXaQ_zN_HSSp7zZ">https://youtu.be/WRnq49TAv-w?list=PLQSM50j6JbrKdSOSbYjXaQ_zN_HSSp7zZ</a>				
	Kick*	<a href="https://youtu.be/WRnq49TAv-w?list=PLQSM50j6JbrKdSOSbYjXaQ_zN_HSSp7zZ">https://youtu.be/WRnq49TAv-w?list=PLQSM50j6JbrKdSOSbYjXaQ_zN_HSSp7zZ</a>				
	Pull*	<a href="https://youtu.be/dl8_opV0AOY">https://youtu.be/dl8_opV0AOY</a>				
Kick*/Pull*	Just do the exercise for the time					

CORE & LOWER 1	
Poussins / Benjamins	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
10 right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
Recovery 30 seconds	
10 Stationary lunge	<a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>
10 Reverse lunge and knee lift	<a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>
Recovery 30 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqolM0u0PY">https://youtu.be/YRqolM0u0PY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vOfsdwqaY?list=PLCEfCA54D665B8080">https://youtu.be/-vOfsdwqaY?list=PLCEfCA54D665B8080</a>
Recovery 60 seconds	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins / Benjamins	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
0.5K	Speed 4 out of 10
0.5K	Speed 6 (out of 10)
0.5K	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/ar3BGf8do7I">https://youtu.be/ar3BGf8do7I</a>

PLYO 1	
Poussins / Benjamins	
Warm up	Dance Monkey <a href="https://youtu.be/1JDIbz9YxKg">https://youtu.be/1JDIbz9YxKg</a>
Plyo jumps	<a href="https://youtu.be/QE8k1wjxu9s">https://youtu.be/QE8k1wjxu9s</a>
Rest	20/30/40 secs
Broad jumps	<a href="https://youtu.be/96zjo3nlmHl">https://youtu.be/96zjo3nlmHl</a>
Rest	20/40/60 secs
Monkey Jumps	<a href="https://youtu.be/Yj7dlTv1MaA">https://youtu.be/Yj7dlTv1MaA</a>
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2/3 times
	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>

Swim set 3	Stroke	Distance (m)	Reps	Rep Cycle time (secs or mins)	Rest after set	
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1NF5c">https://www.youtube.com/watch?v=Z0xtYX1NF5c</a>					
Main set	1	Back Jack	25	12	30/45/60	straight on
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	Lat band pull down*	NA	NA	30/45/60/90	plus 15/20/30 secs
	4	Air Squat	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Free Jack	25	12	30/45/60	Rest/Finish
Older squads Repeat 2/3 times take 1.0 to 2.0 mins rest between or adjust as required to give you best work out						
Cool down <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>						
Video links for demo		Back Jack	<a href="https://www.youtube.com/watch?v=WIHv_LF40x8">https://www.youtube.com/watch?v=WIHv_LF40x8</a>			
		Free Jack	<a href="https://www.youtube.com/watch?v=AlmUpibQQsg">https://www.youtube.com/watch?v=AlmUpibQQsg</a>			
		Kick*	<a href="https://youtu.be/WRnq49TAV-">https://youtu.be/WRnq49TAV-</a>			
		Lat band pull down*	<a href="https://youtu.be/n-lzgCIH99Q?t=33">https://youtu.be/n-lzgCIH99Q?t=33</a>			
		Air Squat	<a href="https://youtu.be/Zqc_lC93hak?list=PLQSM5016JbrKdSOSbyjXa">https://youtu.be/Zqc_lC93hak?list=PLQSM5016JbrKdSOSbyjXa</a>			
	Kick*/Lat/Squat	Just do the exercise for the time				

Wednesday

Wednesday

CORE & UPPER 1	
Poussins / Benjamins	
Warm up	<a href="https://youtu.be/Kdgv6DPAZ8U">https://youtu.be/Kdgv6DPAZ8U</a>
10 Snow Angel	<a href="https://youtu.be/ZYHJ3m6UCo">https://youtu.be/ZYHJ3m6UCo</a>
10 Tricep dips	<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>
Recovery 60 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqolM0u0PY">https://youtu.be/YRqolM0u0PY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vOfsdwqaY?list=PLCEFCAS4D665B8080">https://youtu.be/-vOfsdwqaY?list=PLCEFCAS4D665B8080</a>
Recovery 60 seconds	
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Thursday

Thursday

Run set2 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins / Benjamins	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZ8U">https://youtu.be/Kdgv6DPAZ8U</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
1.0K	(15 secs fast 45 secs speed 4) x3 Then speed 4
0.5K	Speed 5 (out of 10)
0.5K gentle	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

PLYO 2		
Poussins / Benjamins		
Warm up	<a href="https://youtu.be/CjYHKWwHjK">https://youtu.be/CjYHKWwHjK</a>	
Warm up 2	Dance Monkey	<a href="https://youtu.be/UDlbz9YxKg">https://youtu.be/UDlbz9YxKg</a>
180 bounds		<a href="https://youtu.be/rvw0mdu5j4U">https://youtu.be/rvw0mdu5j4U</a>
Rest		20/30/40 secs
In an out squat jumps		<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a>
Rest		20/40/60 secs
Lizard walk		<a href="https://youtu.be/SIKZikW4do0">https://youtu.be/SIKZikW4do0</a>
Rest		20/30/40 secs
Repeat		1 or 2 mins
Repeat		2/3 times
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>

Cardio set 5		
Poussins / Benjamins		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push ups (knees)	20 secs <a href="https://youtu.be/LiKfLE2K_Dl?list=RDCM">https://youtu.be/LiKfLE2K_Dl?list=RDCM</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Tricep dips	20 secs <a href="https://youtu.be/3ydgFLK8e0">https://youtu.be/3ydgFLK8e0</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push up shoulder touch (Knees)	20 secs <a href="https://www.youtube.com/watch?v=QO">https://www.youtube.com/watch?v=QO</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push up diamond (knees)	20 secs <a href="https://youtu.be/dmohFWt-Mms">https://youtu.be/dmohFWt-Mms</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & LOWER 2		
Poussins / Benjamins		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
12 Dynamic side planR	<a href="https://youtu.be/_rdjF5FKMY">https://youtu.be/_rdjF5FKMY</a>	
12 Dynamic side plan L	<a href="https://youtu.be/_rdjF5FKMY">https://youtu.be/_rdjF5FKMY</a>	
Recovery 30 seconds		
12 Sumo Squat	<a href="https://youtu.be/sqDGkIBYPak">https://youtu.be/sqDGkIBYPak</a>	
12 Fwd squat jumps	<a href="https://youtu.be/GqXK55V8r8U">https://youtu.be/GqXK55V8r8U</a>	
Recovery 30 seconds		
12 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>	
12 V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>	
Recovery 1-2 mins		
Repeat 2/3/ times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Cardio set 6		
Poussins / Benjamins		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Jumping Jacks	20 secs <a href="https://youtu.be/1b98WrRrmUjs">https://youtu.be/1b98WrRrmUjs</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Back Extensions	20 secs <a href="https://youtu.be/9q_uz605P_k">https://youtu.be/9q_uz605P_k</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Squat Thrusts side kick	20 secs <a href="https://youtu.be/1qC0JoaKjY?list=RDCM">https://youtu.be/1qC0JoaKjY?list=RDCM</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Squat Jumps	20 secs <a href="https://youtu.be/AzI5tkCzDcc">https://youtu.be/AzI5tkCzDcc</a>	Do as many as you can do in time!
High Knee marching	40 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & UPPER 2		
Poussins / Benjamins		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
12 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_rnIF8E">https://youtu.be/Eh00_rnIF8E</a>	
Escalate difficulty on each round	(diamond shape hands/push with rotation)	<a href="https://youtu.be/dmohFWt-Mms">https://youtu.be/dmohFWt-Mms</a>
12 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>	
Recovery 60 seconds		Adjust recovery if needed
15 secs Body saw planks	<a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyIXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyIXaQ_zN_HSSp7zZ</a>	
15 secs Plank shoulder taps	<a href="https://youtu.be/gWHQpMud7vw?list=PLQSM50J6JbrKdSOSbyIXaQ_zN_HSSp7zZ">https://youtu.be/gWHQpMud7vw?list=PLQSM50J6JbrKdSOSbyIXaQ_zN_HSSp7zZ</a>	
Recovery 60 seconds		Adjust recovery if needed
15 secs Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>	
TheraBand routine (12 each)	<a href="https://youtu.be/ib3srzH_q0A">https://youtu.be/ib3srzH_q0A</a>	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	